

CASE:

Wendy Peters

PATIENT

Name:

Wendy Peters

Age:

55 years old

Occupation:

Legal Secretary (full time)

Family situation:

Husband; three children in their 20's

Past history:

Non smoker
1-2 glasses of wine per day

Medications:

Allergies:

Brief statement of the situation:

- has put on 12 kg steadily over past 5 years
- wants help to lose weight
- LMP at 51, had hot flushes for approximately 12-18 months, did not want HRT. No symptoms now.
- Married, husband engineer with oil company
- used to play tennis twice a week but gave up 12 months ago because of problems with right knee
- thinks she has a good diet
- father died at 78 - AMI, mother died at 83 - Ca bowel
- siblings; brother 58, alive and well; sister 52, asthma otherwise well

o/e well looking woman 164 cm 81 kg
Blood pressure 150/80 - no other abnormalities